

Making Visible Unseen Disabilities

A talk about Mental Health

Ty Smith

- Grew up in systems: Mental Health Special Education, Juvenile Justice & Foster Care
- Started as a Y.A.P.S. - Now, I have over 20 years as policy maker and peer employee
- National consultant in Trauma Informed Care, international expert on Soteria House and Peer Respite, Peer CSX leader

Outline

Topics Covered:

- Diagnoses, Labels, and Systems, Oh My!
- Co-Occurring: Physical Health and Behavioral Health
- History -The Dark Side and the Pursuit for a Cure
- Peer Support and Self Determination

I'm more than a Diagnosis

I'm a person but my treatment is limited by my diagnoses.

Unseen System Impact

Scenario: Audience Participation Time!

- Normal Consequences?
- System Involved Consequences?
- Long-term Impacts of These Consequences?

History

- A trip to the Asylum
- Focal Infections
- The Ice Pick Lobotomist
- Chemical Imbalance

The Serotonin Theory of Depression: a Systematic Umbrella Review of the Evidence Joanna Moncrieff and others

Dr. Henry Cotton

Focal Infectious Disease Theory

- By 1923, he was claiming cure rates as high as 85% among those who survived. His postsurgical mortality rates, however, were 30% and higher for colon resections.

- Falsified Data

- Self-treatment

- Phyllis Greenacre

Scull, A. (2007). *Madhouse: A Tragic Tale of Megalomania and Modern Medicine*. Yale University Press.

Statistics

- In 2018, an estimated 17.4 million adults with disabilities experienced frequent mental distress

- 32.9%

- The frequency is almost 5 times more as compared to adults without disabilities.

- 4.6x higher

- Frequent Mental Distress Among Adults by Disability Status, Disability Type, and Selected Characteristics

Peer Support!

- Peer Run Respite

- My dream career

- Peer Specialist

- What we gained and at what cost?

- Civil Rights

- Forced treatment is a failure of the system

Chance to Fail Is a Chance to Grow

- We learn through failure

- No matter what our mom says we won't learn what a hot stove is until we touch it!

- "There is no innovation and creativity without failure. Period."

- Brené Brown (born 1965), Professor in social research

Thank You Questions / Comments

TY.SMITH@COLORADOSILC.ORG